



Please call 911 if you think you have a medical emergency.

## Starfish, Crown of Thorns, and Sea Star Punctures Treatment

- If medical attention is not readily available, the following guidelines are recommended in treating a puncture wound:
- Immerse the affected area in water as hot as the person can tolerate for 30-90 minutes. Repeat as necessary to control pain.
- Use tweezers to remove any spines in the wound because symptoms may not go away until all spines have been removed.
- Scrub the wound with soap and water followed by extensive rinsing with fresh water.
- Do not cover the wound with tape.
- Apply hydrocortisone cream 2-3 times daily as needed for itching. Discontinue immediately if any signs of infection appear.
- Apply topical antibiotic ointment (Bacitracin) 3 times per day if signs of infection, such as pus, redness, or heat, are present.

Oral antibiotics are usually recommended for infection.

- Continue antibiotics for at least 5 days after all signs of infection have cleared.
- Check for drug allergy prior to starting any antibiotic.
- Use a sunscreen because some antibiotics cause sensitivity to the sun.

Pain may be relieved with 1-2 acetaminophen (Tylenol) tablets every 4 hours or 1-2 ibuprofen (Advil, Motrin) tablets every 6-8 hours.

## more information from eMedicineHealth

- [When to Seek Medical Care](#)

For more information, read the complete article, Wilderness: Stingray Sting (<http://www.emedicinehealth.com/script/main/art.asp?articlekey=58975>) on <http://www.emedicinehealth.com>.

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Reviewed by Cynthia Haines, MD on May 24, 2006

Last updated: May 24, 2006

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